

Recovery College Timetable

May & June 2023

Workshop	Sessions	Date	Time*	Venue**
Coffee & Connect	1	4 May 2023	2 – 3 pm	Online
		25 May 2023	10.30 – 11.30 am	Tim Hortons, The Junction, Antrim
		12 June 2023	2.30 – 3.30 pm	Online
		22 June 2023	10.30 – 11.30 am	Tim Hortons, The Junction, Antrim
WRAP	2	2 & 3 May 2023	9.30 – 4.30 pm	InVOLVe House, Magherafelt
		5 & 6 June 2023	9.30 – 4.30 pm	Holiday Inn Express, Antrim
Feeling Comfortable in my own skin	2	2 & 9 May 2023	2 pm	Online
Let's talk about Hope	1	9 May 2023	11 am	Online
A Mindful Stroll	3	9 – 23 May 2023	10.30 – 12 pm	Antrim Castle Gardens
An introduction to Autism Spectrum Disorder	1	10 May 2023	12 pm	Online
Mindful Self-Compassion	1	11 May 2023	11 am	Online
Self-care	1	11 May 2023	2 pm	Online
		22 June 2023	2 pm	Online
Gratitude	1	15 May 2023	10.30 – 12.30 pm	Carrickfergus Library
		20 June 2023	2 pm	Online
Managing Stress	1	16 May 2023	11 am	Online
Gardening for Growth	3	16 – 30 May 2023	2 pm	Clotworthy House, Antrim Castle Gardens
Sleep	1	18 May 2023	11 am	Online
Looking after myself while caring for others	1	18 May 2023	2 pm	Online
Let's talk about Recovery	1	25 May 2023	2 pm	Online
An introduction to Depression	2	30 May & 6 June 2023	11 am	Online
Managing Persistent Fatigue	1	7 June 2023	11 am	Online
An introduction to Anxiety	2	8 & 15 June 2023	11 am	Online
Healthy Me	2	8 & 15 June 2023	2 pm	Online
Scribing for Wellness	2	12 & 19 June 2023	10.30 – 12.30 pm	All Saints Parish Centre, Ballymena
An introduction to PTSD	2	13 & 20 June 2023	10 – 11.15 am	Online
5 Ways to Wellbeing	1	13 June 2023	11.30 am	Online
Let's talk about Loneliness	1	13 June 2023	2 pm	Online

*Courses will last approximately 1.5 hours unless otherwise stated

**Venues & dates are subject to change **Course are listed whether they are online or in community venues

